AntiGravity® 1on1 Rigging Options

Components of 1on1 TRAINER Hammock Kit:



Flying Fabric
Pre-Choked
with 2 Choke Loops



Triple Choked
*See AGDA for video on
how to Choke.



2 Carabiners



2 Extra Choke Loops
C-curve = Hard part of the
Choke Loop

Option 1: Open Bar

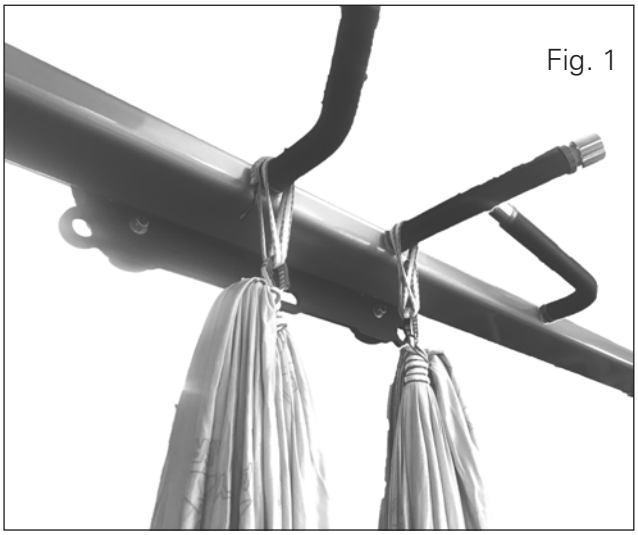




Fig. 1
Loop the Extra Choke Loop into the Choke Loop attached to the Hammock and hook both ends over the open bar.

Fig. 2
Take the extra Choke Loop and loop through the C-curve of the Choke Loop attached to the Hammock then pull the C-curve all the way through and hook over the open bar.

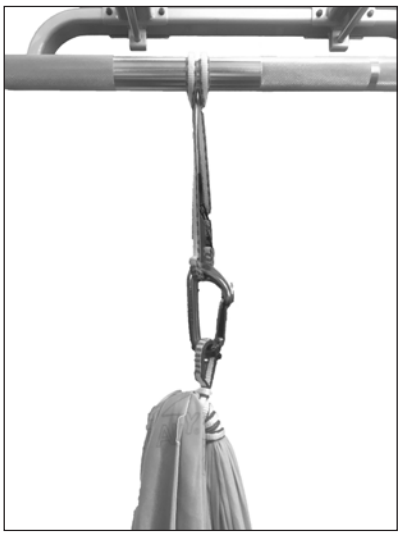




Fig. 3 & 4 is the same as Fig.1 & 2 but with the addition of Carabiners.

Option 2: Closed Bar

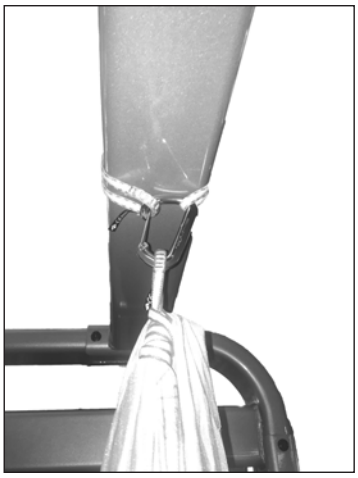




Place the extra Choke Loop over and around the top of the Closed Bar, hook the Carabiner to both ends and attached to the C-curve of the Choke Loop attached to the Hammock.



Place the extra Choke Loop over and around the top of the Closed Bar and bring the soft end through the C-curve of the Choke Loop attached to the Hammock. Take the C-curve on the extra Choke Loop through the soft end and attach one Carabiner to both C-curves in the middle.



Variation: Wide Closed Bar

Note on Adjusting Tail Length



You may need to adjust the tail length of your Hammock by loosening the Choke. Please refer to the Choking Instructions on AGDA.

ALWAYS TRIPLE CHOKE FOR SAFETY.

NOTE: Refer to your 1on1 Manual for Hammock Maintenance and Rigging details as well as AGDA for a Hammock Guide and Rigging Video.